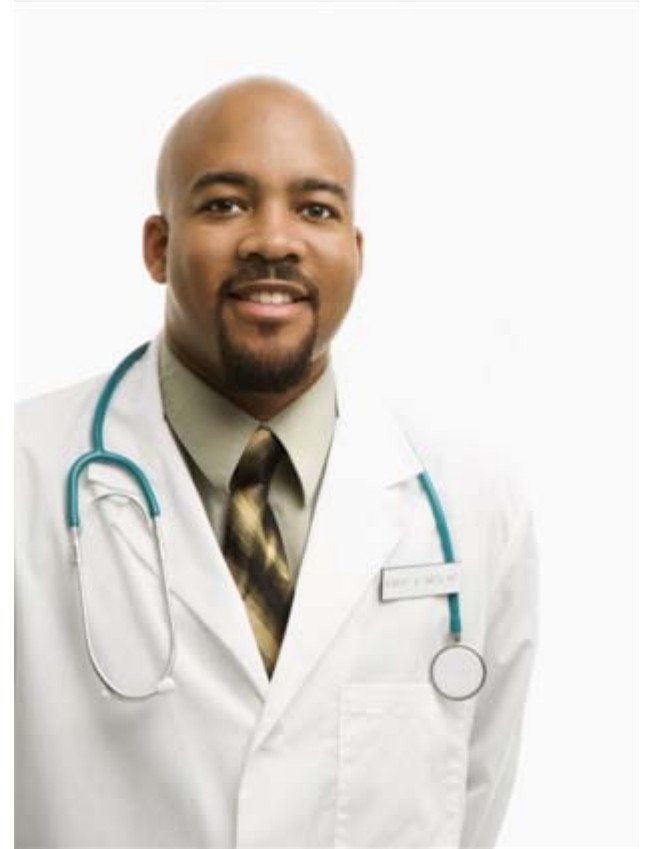


Steps to Care for Someone with New Flu A H1N1 (Previously Called Swine Flu) at Home



Introduction

- Use these tips to care for someone that has any type of flu, including new flu A H1N1, in your home.
- Advice may change as new information becomes available.



You and Your Family Should...

- **Stay home** and rest if you have flu-like symptoms:
 - Fatigue
 - Fever
 - Coughing
 - Sore throat
- By staying home, you...
 - Avoid getting others sick
 - Avoid overcrowding emergency rooms



You and Your Family Should...

- Wash your hands **often** using soap and warm water for 20 seconds each time
- Cover coughs and sneezes with a tissue or your sleeve
- Avoid touching your eyes, nose, and mouth



You and Your Family Should...

- Get emergency medical care **ONLY** if you have any of these symptoms:

In Children

- Fast or difficulty breathing
- Purple or bluish skin
- Unable to drink enough liquids
- Unable to wake up or respond
- Irritability
- Fever and skin rash

In Adults

- Difficulty breathing
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Vomiting that is severe or ongoing



You and Your Family Should...

- Know that antiviral medicines:
 - Aren't always necessary
 - Don't cure any flu
 - Require a prescription
- Never share prescribed medication
- Know that antibiotics will not work:
 - Can't kill a flu *virus* because it's not a bacteria
 - Can make bacteria resistant to medication if taken incorrectly
- Tell your healthcare provider if you're taking other medicine
 - Over-the-counter medicine
 - Prescription medicine
- Do not take supplements like diet pills, vitamins, home remedies, or herbal mixtures



Managing Symptoms: *Fever*

98.6°F to 99.6°F	37.0°C to 37.5°C	Normal range
99.6°F to 102°F	37.5°C to 38.8°C	Self care: Avoid giving fever-reducing medicine, unless having aches and pains. Monitor carefully for changes or new symptoms. Drink extra fluids.
102°F to 104°F	38.8°C to 40.0°C	Caution: Follow label instructions and give fever-reducing medicine. Monitor carefully for changes or new symptoms. Do <u>not</u> take aspirin or any medicine with aspirin. Drink extra fluids.
104°F and over	40°C and over	Seek medical help: Give fever-reducing medicine until help is received. Try giving the person a <u>lukewarm</u> sponge bath. Use cool compresses. Monitor the person carefully. Do <u>not</u> use cold water or alcohol to give a bath. Drink extra fluids.

* temperature taken orally



Managing Symptoms: *Sore Throat*

- Use throat lozenges or hard candy
 - Halls®, Vicks®, Sucrets®
- Drink plenty of fluids
 - Water, hot tea, juice
- Use an anesthetic throat spray
 - Chloraseptic®, Cepacol®
- Take a non-prescription, non-aspirin pain reliever
 - Advil®, Tylenol®, Aleve®
- Use a humidifier
- Do **not** smoke or use tobacco products
- Gargle with warm salt water



Managing Symptoms: *Cough*

- Drink plenty of fluids
 - Water, hot tea, juice
- Suck on lozenge or hard candy
 - Halls[®], Vicks[®], Sucrets[®]
- Use a humidifier
- Sleep with your head elevated
- Use a non-prescription expectorant or cough suppressant medicines
 - Mucinex[®]
- Do **not** smoke or use tobacco products



Managing Symptoms:

Dehydration in Babies & Children

- Drink fluids often and in small amounts
 - Fluids should contain some sugars and some salts
 - Use electrolyte drinks (Pedialyte®)
 - Avoid caffeine and soda
- Contact your healthcare provider if your baby/child has any of these symptoms:
 - Lack of energy, weakness, irritability
 - Decreased urination or strong odor
 - Sunken eyes, skin does not snap back
 - Soft spot on baby's head
 - Tearless crying



Managing Symptoms: *Dehydration in Adults*

- Drink fluids often and in small amounts
 - Fluids should contain some sugars and some salts
 - Avoid alcohol, caffeine, and soda
- Use electrolyte drinks (Gatorade®)
- Contact your healthcare provider if you have any of these symptoms:
 - Dry mouth or eyes
 - Lack of energy, weakness, irritability
 - Headache or muscle cramping
 - Decreased urine output or strong odor
 - Dizziness, lightheadedness, rapid heart beat
 - Sunken eyes, skin does not snap back
 - Confusion



Managing Symptoms:

Nausea/Vomiting

- Avoid dehydration
- Sip clear fluids
 - Chicken broth, hot tea, etc.
- Avoid:
 - Solid foods
 - Dairy products
 - Alcohol
 - Caffeine
 - Tobacco products
- Return to normal diet slowly



Managing Symptoms: *Diarrhea*

- Drink water and other clear fluids
 - Chicken broth, hot tea, etc.
- Use electrolyte drinks
 - Gatorade®, Pedialyte®
- Add solid foods slowly
 - BRAT Diet: Bananas, Rice, Applesauce, Toast
- Avoid:
 - Caffeine
 - Dairy
 - Fatty, spicy foods
 - Tobacco products
- Practice good hygiene
 - Wash hands often, do **not** touch eyes, nose or mouth



Medicines To Help Lessen Flu Symptoms

- Antiviral medications can be prescribed to treat flu symptoms
 - Prescription is required
 - Check with your healthcare provider or pharmacist for safe and correct use
 - Most people do **not** need antiviral drugs to fully recover
- Over-the-counter cold and flu medications
 - **Be sure to read the instructions**



Medicines To Help Lessen Flu Symptoms in Adults

- Do **not** use medications that contain aspirin (*acetylsalicylic acid*) to treat flu symptoms
 - Avoid Excedrin®, Pamprin®, Alka-Seltzer®, Pepto-Bismol®,
 - Aspirin can cause a rare but serious illness called Reye's Syndrome
 - **Read the labels**
- Fevers and aches can be treated with aspirin-free pain relievers, such as:
 - Acetaminophen (Tylenol®)
 - Ibuprofen (Advil®, Motrin®, Nuprin®)
 - Naproxen (Aleve®)



Medicines To Help Lessen Flu Symptoms in Teens

Teenagers with the flu:

- Only take medicine *without* aspirin:
 - Acetaminophen (Tylenol®)
 - Ibuprofen (Advil®, Motrin®, or Nuprin®)

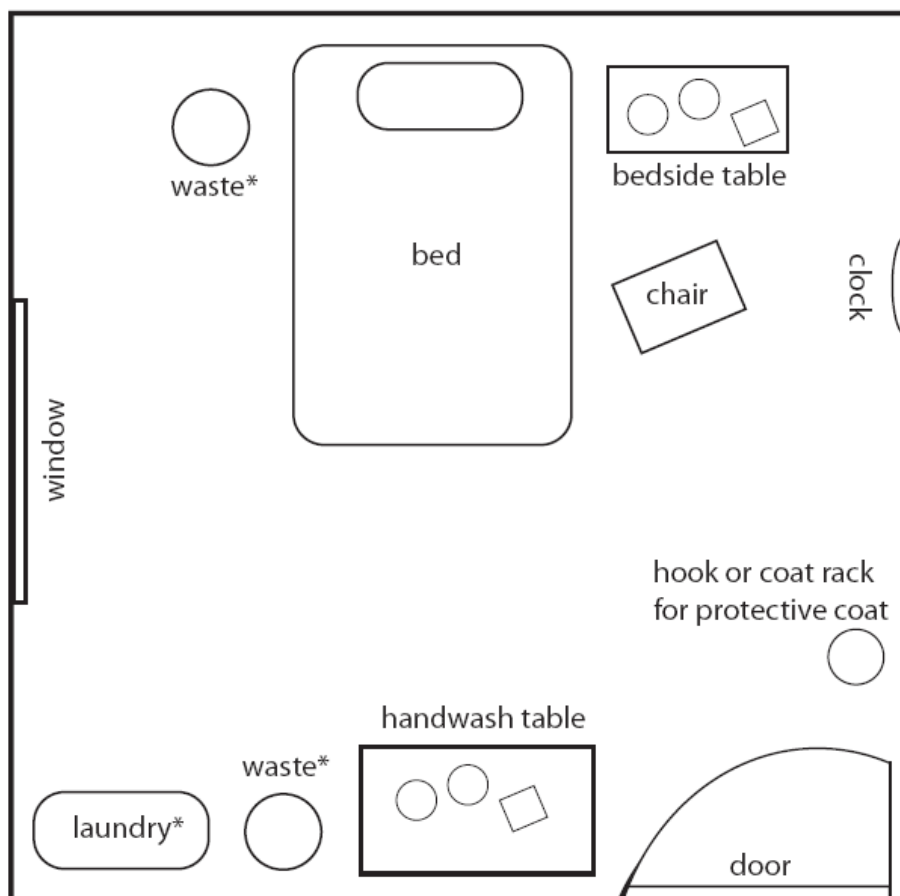


Medicines To Help Lessen Flu Symptoms in Children

- Children younger than 2 years of age:
 - It is safest to use a cool-mist humidifier and a suction bulb to help clear away mucus
 - Do **not** give over-the-counter cold medications without first speaking with a healthcare provider



Comfort and Care at Home



Source: Pat Jackson-Allen, Yale School of Nursing

*This is an example of a comfortable room set up for someone with the flu.

- Most people with the flu can be cared for at home
- Care should focus on:
 - Helping sick person feel comfortable
 - Controlling fever
 - Preventing dehydration
 - Preventing spread of infections to others
- Try to have a separate quiet room with a clean bed



Sleeping Arrangements for Bedrooms

- To avoid sick person sleeping head-to-head with other beds in the room:
 - Rearrange beds
 - Adjust sleeping positions (have someone sleeping with their head at the foot of the bed)
- In larger rooms, create temporary physical barriers between the beds using sheets or curtains



Protect Yourself and Others

Who are Not Sick

- Keep the sick person away from others
 - Separate individuals by 3-6 feet when possible
 - Let them use a separate room and bathroom if possible
 - Have them avoid common living areas
 - Have one person be the caregiver
 - Make sure the caregiver is not a pregnant woman
 - Avoid having visitors
 - Separate personal hygiene items



Protect Yourself and Others

Who are Not Sick

- Persons with the flu shouldn't leave the home:
 - If they have a fever
 - When they are most likely to spread their infection to others:
 - 7 days after symptoms appear in adults
 - 10 days after symptoms appear in children
 - Unless necessary for medical care
- If the person who is sick needs to go out, have them wear a surgical mask
- Open windows in shared areas to keep good air flow/circulation
- Watch yourself and other household members for flu symptoms
- Contact a healthcare provider if you have severe symptoms



If People in Your Home Are Sick, They Should:

- Check with their healthcare provider
 - Ask if they should take antiviral medications
 - Mention if they have special medical needs or other medical conditions (e.g. pregnancy, HIV/AIDS, diabetes)
- Stay in bed for seven days after the first day of fever
- Drink clear fluids to keep from being dehydrated
- Cover coughs and sneezes with a tissue or sleeve
- Wash hands with soap and warm water or use an alcohol-based hand rub
- Avoid close contact with others, which includes staying home from work or school



When to Seek Emergency Medical Care

- Get emergency medical care right away if the person has any of these symptoms:
 - Difficulty breathing or chest pains
 - Purple or blue discoloration of the lips
 - Vomiting and unable to keep liquids down
 - Signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
 - Seizures (for example, uncontrolled convulsions)
 - Less responsive than normal or becomes confused



General Housekeeping

- Good housekeeping habits help protect yourself and others
 - Soaps, detergents, and household disinfectants work well to kill flu germs



WASH YOUR HANDS



Laundry Tips



- For linens, use laundry soap and tumble dry on a hot setting
- Avoid “hugging” dirty laundry when handling it to prevent contaminating yourself
- Wash laundry soiled with vomit, feces separately
- Clean your hands with soap and warm water or alcohol-based hand rub right after handling dirty laundry



Cleaning Tips

- Keep surfaces and objects clean by wiping them down with a household disinfectant
 - Read the directions on the product label
- Eating utensils:
 - Use a dishwasher or wash by hand with hot water and soap
- Trash disposal:
 - Throw away tissues and other disposable items used by the sick person in the trash
 - Use disposable plastic bags to line waste baskets



Key Points

- The best way to avoid getting the flu does **not** include wearing a mask
- Instead, you should:
 - Wash your hands often with soap and warm water
 - Avoid touching your eyes, nose or mouth
 - Cover your cough and sneeze with a tissue or your sleeve
 - Stay home if you're sick



For More Information

- United States:
 - Centers for Disease Control and Prevention
 - 1-800-CDC-INFO (1-800-232-4636)
 - www.cdc.gov/swineflu
- California:
 - California Department of Public Health
 - 1-888-865-0564
 - www.cdph.ca.gov
- Los Angeles County:
 - County of Los Angeles Department of Public Health
 - Call **2-1-1** from any phone
 - <http://www.publichealth.lacounty.gov/>

